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Bits About Cheese

By KATHERINE HOLDEN

HE much-talked-of green cheese of the moon has not yet been tested for its quality and flavor, but students in the experimental cookery classes have done all sorts of interesting things with every other kind of cheese with results that may prove helpful to cheese-loving cooks.

Preparation of cottage cheese, a product often made at home, from left-over sour milk, was the first experiment. The object of the tests was to determine the best method of heating the milk to precipitate the curd. Results proved that direct boiling over the fire made a very tough, stringy product. Heating in the double boiler to a temperature of 40-50 degrees Centigrade made a curd of good flavor which was not stringy, but was not very tender.

A good cottage cheese was made by draining the sour milk in cheese cloth over night, but this was of course, a long process. The best product was obtained by adding an equal quantity of hot water to the sour milk and draining the mixture through cheese cloth.

Cheddar cheese was also subjected to experiments with heat. Three samples of cheese were used. One was heated directly over the fire, one in the double boiler, and the third heated with milk in the double boiler. In every case the cheese was found to melt at 69 degrees Centigrade. Above that it immediately became tough and stringy, and with continued heating was unusable.

Don't you just love Welsh Rarebit, and don't you often wish you knew how to combine everything to get just the right result? It seems to be a deep, dark mystery to many people, who blame their failures on luck, or the cheese, rather than their method of procedure.

Three methods were used in the class experiments. In the first, to a medium white sauce, the grated cheese was added. This gave a smooth, well-blended product of good flavor. Another method which proved difficult, but which gave an excellent rarebit was one in which a custard was made of the egg and milk, to which the cheese was added. Results of the third method were varied. Some were thin, some curdled, and others were very good. In this case, to the milk in the double boiler was added the cheese, until it began to melt. The beaten egg was added to this mixture and heated until thick.

From all these it appeared that the best method of making Welsh Rarebit was also the simplest—adding cheese to the plain white sauce.

Canning and Its Bacteriology

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if the food is left for several hours before eating.

Very specific directions for canning may be secured so easily and the necessary precautions for examining a canned food are so thoroly based upon common sense that we should be able to control the dangers which have been much overdrawn. Cases of food poisoning are really rare indeed and much of the ranting against home canning is probably propaganda. Canned foods are an important part of our diet and should be

eaten, but discretion must be used in selection here as well as in fresh foods. Can, but can carefully. Do not can food which is not fresh enough for the table and do not use canned food about which there is a doubt.

Directions concerning time and method of processing should be followed carefully. These methods have been worked out carefully and errors eliminated. Much of the high cost of living may be eliminated if canning is practiced with proper precautions and the menu is certainly more attractive where there is variety.

Salads and Sandwiches

(Continued from page 3)

Cream cheese, chopped nuts and salad dressing.

Cream cheese, nuts and chopped green peppers.

Cottage cheese may be used instead of cream cheese.

Pimento, nuts and cottage cheese with salad dressing.

Lettuce, ground nuts and salad dressing.

Lettuce with salad dressing.

Diced cooked green vegetables with salad dressing.

Sliced onions with seasonings.

Lettuce, cucumber and tomato, seasoned with salad dressing.

Interesting and unusual sandwiches may be made in the following ways:

Ribbon Sandwiches. Cut white and graham bread in one-fourth inch slices, having four slices of white and three of graham. Spread two slices of white bread and all the graham bread on both sides with creamed butter. Spread remaining two pieces of white bread on one side. Beginning with the white slice (buttered on but one side) pile in seven layers, alternating bread, and have second slice of white bread (unbuttered on one side) on top. Wrap in cheesecloth and press



BRILLIANT MODES FOR THE SUMMER GIRL OF 1924

Fashion designers have been most gracious to the women folk this season, creating modes particularly adapted to slender, lithe lines. One is more lovely than the other, the variation of types playing an important part. Only upon seeing this wondrous showing of summer apparel can you satisfy yourself how fashionably and economically you can apparel yourself for summer at this store.

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